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RESOURCES FOR SAILORS & FAMILY MEMBERS

Active duty service members are given so much information on a daily basis, that sifting through things appropriate for family members can be difficult. There are some resources that are only available to active duty service members, and others for eligible family members.

It is sometimes assumed that only service members can access this information. In some cases, active duty service members can designate parents or girlfriend/boyfriend to receive information. This can be especially important during a deployment. For security reasons, it is up to the service member to authorize any appropriate access.

Some of the resources available to families include Ombudsmen—who work with the Fleet and Family Support center, Navy Marine Corps Relief Society, Compass, Navy Chaplains, and Moral Welfare and Recreation. Inside this addition, a little more detail about some of these organizations and assistance they provide.

Another great service available to everyone, is Military One Source. WWW.MILITARYONESOURCE.MIL This website was created for the purpose of keeping all resources in one area. Whether you are searching for assistance with a job, a college education, childcare, or how to handle an overseas military move—you can find it here.

CREDIT WHERE CREDIT IS DUE

The information in this newsletter provides just a few of the many resources available to Navy service members and their families. Much of the content describing “who they are, and what they do” was taken directly from that organization’s website—including photos.

If there are any resources you do not see, please contact your Ombudsmen for further assistance. We are happy to point you in the right direction!



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WHAT'S AN OMBUDSMAN?

- We are volunteers
- A confidential point of contact between command, family and friends of service members, especially during deployments.
- We are Navy spouses
- Available by phone or email 24 hours per day
- Provide information, resources and referrals



FINANCIAL RESOURCES FOR SERVICE MEMBERS AND FAMILIES

Fleet and Family Support Centers:

Offers financial and budget counseling free of charge. Other services that can save money include career counseling, job search, resumé crafting and scholarship information. You can also borrow household goods with PCS in or out of the area. The number for the main office in Norfolk is 757- 444-2102. Six additional offices offer similar services.

Navy Marine Corps Relief Society

Free budgets and financial counseling is also available with NMCRS. An appointment is usually required for this. They offer **no interest** loans for emergencies such as car repair, household set up, and emergency travel. Active duty service

members, and retirees are the primary focus, however family members can be authorized by their sponsor. Additional money saving options include a thrift store, and the budget for baby class. Norfolk 757-322-1171 NMCP 757-953-5956

Navy Federal or other banks:

If you choose not to use the above services, please do not use a "pay day lender." Bona fide financial institutions will offer a much better interest rate and some offer additional benefits for service members and families, such as no ATM fees for active duty.

"An investment in knowledge pays the best interest."—Benjamin Franklin

COUNSELING RESOURCES

Fleet and Family Resources:

Offers a variety of counseling for family members by trained counselors. Also, some of the Exceptional Family Member Program, (EFMP) counselors are available here.

The **Navy Gold Star** program—for surviving family members of deceased service members, is also located at FFSC. Counseling is available for spouse, parents and children as long as needed. 888-509-8759

Navy Chaplains:

They are confidential and available for service members and families 24/7. In times of crisis and emergency, they have experience in comfort counseling with no particular religious affiliation. They are also available to meet someone out in town, if that is preferred to an office setting. NMCP Chaplains can be reached at 757-953-5550 or after hours at the quarterdeck 757-953-5008

Navy Family Advocacy:

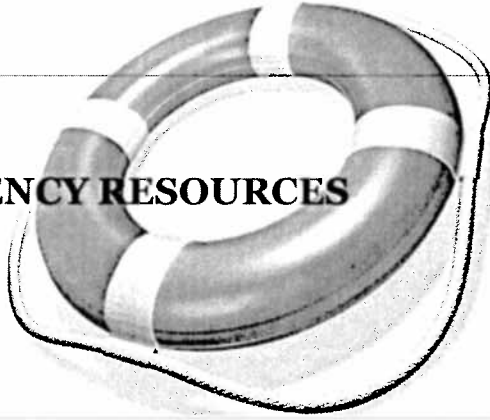
Designed to help prevent, identify, treat, follow-up, and report child abuse, neglect and spouse abuse. All military agencies, departments and individuals are required to report known or suspected child abuse or known spousal abuse. The Family Advocacy Program, works with military and civilian agencies that are able to provide support. Call any of the following, Emergency 911, National Domestic Violence Hotline 800-799-SAFE (7233) or Family Advocacy NMCP 757-953-7801

Sexual Assault Virginia Hotline: 800-838-8238 or SAPR is available through fleet and family service center.

Suicide Hotline: 800-273-TALK (8255) or Crisis Intervention 757-622-1126



EMERGENCY RESOURCES



American Red Cross:

Commercial # **DNS#**
(757)953-5435 **(312)-377-5435**

After Hours: (877)-272-7337

The American Red Cross provides critical services with a caring touch to men and women in all branches of the United States military, and their families. Through our Service to the Armed Forces (SAF) program, service men and women are eligible for three types of assistance beginning on the first day of enlistment: Emergency Services, Service to Military Families and Service to Military and Veteran's Hospitals.



Navy Marine Corps Relief Society:

Portsmouth (757) 953-5956

Norfolk (757) 322-3134 or (757) 322-1171

Travelling to be with a sick or dying loved one often requires transportation. If you're approved for emergency leave and need the money to travel, NMCRS can help you with an interest-free loan.

Other times, you may need urgent funds for food, rent, or utilities. If you or your family is in danger of going without these necessities, please visit NMCRS for financial assistance and counseling or a Quick Assist Loan.

If your home is affected by a hurricane, tornado, flood, fire, or other disaster, you may need help right away. If your base is evacuated and you need to leave quickly, or if you can't stay in your home, NMCRS can help.

CHILDCARE OPTIONS:

CHILD DEVELOPMENT CENTERS:

NMCP (757) 393-8481

NORFOLK (757) 445-8815

HAMPTON (757) 444-7270

LITTLE CREEK
 (757) 462-4841

CIVILIAN CHILDCARE RESOURCES:

EASTERN VA REGIONAL

WWW.DSS.STATE.VA.US

PROFESSIONAL FAMILY
 CHILDCARE & EARLY
 EDUCATION

WWW.PFCEEA.COM

PLANNING COUNCIL

(800)-477-3993

CHILD CARE AWARE

[WWW.NACCRRA.ORG/
 MILITARY PROGRAMS](http://WWW.NACCRRA.ORG/MILITARY_PROGRAMS)

(800)-424-2246

BEFORE AND AFTER SCHOOL CARE

BOYS & GIRLS CLUB EAST VA

(757)-853-5632

PORTSMOUTH PARKS REC

(757)-393-8481

ID CARD FACILITIES IN HAMPTON ROADS

1. NMCP Ports. (757) 953-7874
2. Navy Shipyard (757) 396-5796
3. CSD Dam Neck (757) 492-6580
4. Langley AFB (757) 764-2270
5. Fort Eustis (757) 878-0948
6. Fort Monroe (757) 788-2960
7. Yorktown NWS (757) 887-7702
8. Navy Exchange (757) 444-8263
9. PSD Oceana (757) 433-2939
10. Little Creek (757) 462-7275
11. Coast Guard (757) 686-4002

Other Numbers:

Hampton Roads Appointment
Center: (866)-465-4584
DEERS: (800)-361-2508

WHERE AND WHEN TO UPDATE ID CARDS

In the Hampton Roads area there are a few locations you can visit to update your ID cards or get new ones. If a location other than NMCP is more convenient, you can visit there.

In order to receive a uniformed services ID card, you must have a sponsor. If you are a dependent, an active-duty or retired service member will be your sponsor.

Your sponsor will complete DEERS registration before you are able to obtain an ID card. Please call the office you plan to visit in order to learn about required documents and whether the sponsor needs to accompany you.

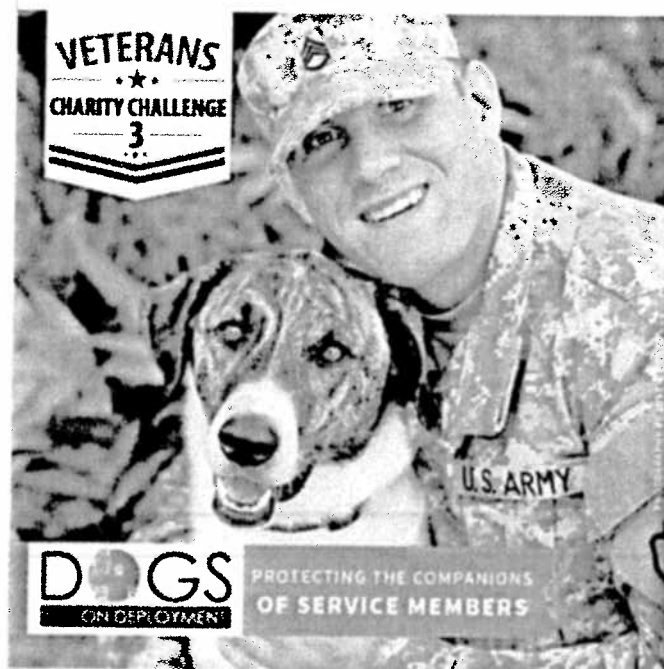
A New ID Card Is Needed:

- * When yours is about to expire
- * When there is a change in sponsor's rate or rank
- * When sponsored children are about to become ten years old.
- * If your card is ever lost or stolen, and this should be reported immediately



*"Happiness is a warm puppy."
—Charles M. Schulz*

WWW.DOGSONDEPLOYMENT.ORG



SUPPORT:

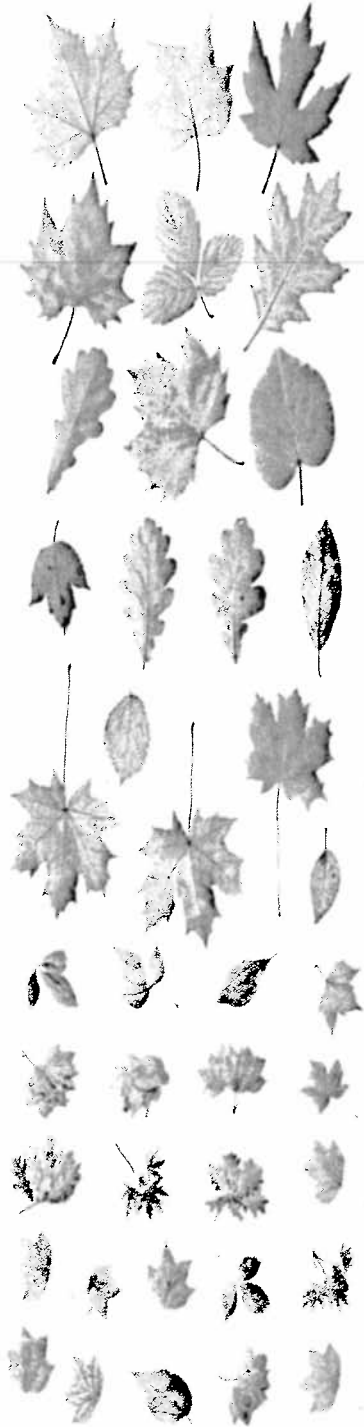
- Become a DoD Boarder, donate, or volunteer
- Become a corporate sponsor for DoD
- List your business as troop-supporting

GET HELP:

- Pet fostering available nationwide for active duty, reservists, veterans, wounded warriors
- Find assistance for emergency pet care.

LITTLE KNOWN MONTHLY

OBSERVATIONS



August is National Immunization Awareness Month and also Children's Eye Health and Safety Month

The **13th of August** is National Left Handers' Day

September includes National Cholesterol Education Month, National Alcohol and Drug Addiction Recovery Month, National Honey Month, National School Success Month, Whole Grains Month, Prostate Cancer Awareness Month, and Leukemia & Lymphoma Awareness Month

The International Day of Peace is **September 21st**.

October is Breast Cancer Awareness Month, Domestic Violence Awareness Month, National Apple Month, National Physical Therapy Month and Eye Safety & Injury Prevention Month (for adults, I guess,—kids in August)

October 1st is World Vegetarian Day and National Poetry Day; "*An Ode to Broccoli*" or "*Legume Limericks*"?

SEPTEMBER IS ALSO NAVY GOLD STAR FAMILY MONTH—REMEMBER OUR FALLEN & FAMILIES

